

# GCSE Food



## What is GCSE Food Preparation and Nutrition?

Food Preparation and Nutrition is a very exciting and creative subject. This GCSE course will help you to make connections between theory and practice so you are able to apply your understanding of food and nutrition, food science and healthy eating to practical

## What topics will I cover?

The content of the course is divided into four sections:

- Section A: Nutrition – this section will develop your knowledge and understanding of the nutritional content, functional properties and chemical processes of food and drink. You will learn about the relationship between diet, nutrition and health, as well as the effects of poor diet and health.
- Section B: Food (food provenance and food choice) – this section will help you to understand the economic, environmental, ethical, and socio-cultural influences on food availability, production processes and diet and health choices.
- Section C: Cooking and food preparation – in this section of the course you will demonstrate your knowledge and understanding of functional and nutritional properties, sensory qualities and food safety considerations when preparing, processing, storing, cooking and serving food.
- Section D: Skills requirements (preparation and cooking techniques) – in this section you will demonstrate effective and safe cooking skills when planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment. You will explore a range of ingredients and processes from different culinary traditions, including traditional British cuisine and international cuisines.

## How am I assessed?

Component	Assessment type	Time and marks	% of qualification
Food Preparation and Nutrition	Written examination paper	100 marks 1 hour 30 minutes	50%
Food Investigation Task	Non-examined assessment (NEA)	45 marks	15%
Food Preparation Task	Non-examined assessment (NEA)	105 marks	35%

## What examination board will I follow?

OCR

## Who should I speak to for further information?

Mrs Flahive or Mrs Holmes